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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Stearns

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Title: EXERCISE METHODS AND APPARATUS

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TRANSMITTAL SHEET

Box Patent Application
U.S. Patent & Trademark Office
Arlington, VAA 22202-2327

Dear Sir:

The following items are enclosed:

1. Patent Application for EXERCISE METHODS AND APPARATUS, including:
 - 46 pages of specification
 - 25 claims (3 independent)
 - 21 sheets of drawings
 - 1 page of Abstract
2. Return Postcard

Respectfully submitted,

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